

Upper-Body-Strength



It is important to set goals for strength activities that best meet your individual needs. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



1. Arm Curl

Stand on the stretch band with your right foot. Grasp one end of the band in your right hand palm facing down. Lift your right forearm bending at the elbow with your upper arm against your body. Hold for a moment and then slowly return to the start position. Repeat with palm up and then switch to the left side and repeat.

2. Side Lateral Raise

With good posture, stand with your feet about 12" apart. Stand on the stretch band with your right foot and raise your right arm out to the side, keeping the palm down to the floor. Switch to the left side and repeat.



3. Front Arm Raise

With the right foot slightly in front, stand on the stretch band with your right foot. Keeping your back straight and tummy tight lift your right arm palm down in front of your body until eye level keeping a slight bend in the elbow. Switch to the left side and repeat.

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4. Chest Press

With good posture, stand with your feet about 12" apart. Holding onto both ends of the band raise your arms chest high. Keeping the band tight move hands gently apart until you feel tension and return to the starting position.



5. Vertical Press

With good posture, stand with your feet about 12" apart. Holding onto both ends of the band raise one hand above your head and the other hand waist high. Keeping the band tight move hands gently apart until you feel tension and return to the starting position. Switch hand positions and repeat.

6. Shoulder Press

With good posture, place the stretch band behind the upper back and under the armpits. Hold onto both ends of the band adjusting the length to maintain tension. Keeping the elbows slightly bent straighten arms out as if to reach for something in front of you. Make sure to do movements slowly and under control.

